


The Day's PSHCE spiral curriculum map

The Day's PSHCE curriculum is available for members on our 'Secondary PSHCE' subscription package. We will be introducing further PSHCE lessons half-termly so look out for updates on theday.co.uk/resources/pshce-lessons. We have included links to the free wellbeing curriculum provided by our partners BrainWaves and Oxford University, which can be used flexibly across Key Stages.

For Secondary PSHCE Subscribers

Freely available via our partner BrainWaves

		KS3			KS4		KS5	
Theme	Topic	Year 7 (age 11-12)	Year 8 (age 12-13)	Year 9 (age 13-14)	Year 10 (age 14-15)	Year 11 (age 15-16)		
Living in the Wider World	Social Media	The Highlight Reel: Why don't people post the bad bits too?	De-Influencing Yourself: Who Wants Our Attention Online	Online groups: Help or Harm?				
	Misinformation	Spotting Misinformation	Finding Facts in the AI Age	Misinformation and Online Debate				
	Misogyny	Gender stereotypes: Why do they matter?	Challenging harmful online influences	Unpacking manosphere messages				
Citizenship	Voting & Democracy	Votes at 16: Active citizenship	Votes at 16: Democracy in the UK	Votes at 16: Why should you vote?				
		From Parliament to Prime Minister: Who makes decisions?	Who Stands for What? Understanding UK Political Parties	Does Every Vote Count? Voting Systems Explained	Beyond the Ballot Box: How People Create Change?	Is Democracy the Best System? Global Perspectives on Democracy		
Relationships & Sex	Respectful Relationships / Online Safety	Why do we feel shame?	Think Before You Share: The Risks of Sending Images	Hidden Threats: Understanding and Preventing Sextortion	Consent, Coercion and the Law	Shame and Control in Relationships: Identifying Unhealthy Behaviour		
 Health & Wellbeing	Thinking about Mental Health	The Science Behind Wellbeing			The Science of Happiness		The Psychology of Wellbeing	
		Challenging Negative Thoughts						
		Social Media and the Dangers of Perfection						
	Brain and Body	My Changing Brain			My Teenage Brain		Recap on the Teenage Brain	
		Sleep, Screens and Mood					Sleep and Teenagers	
	Positive Emotions	Turning Failures into Success					Boosting your Mood	
		Managing Worry					Managing Stress	
	Relationships	Conflict and Repair			Coping with Change		Having a Conversation about Mental Health	
		Talking about Mental Health						
	Meaning	Helping Others for Better Wellbeing						
	Accomplishments	Understanding your Strengths			Developing your Strengths			
		Making Change Happen			Building your Confidence			